UNIVERSITY OF MARYLAND

"Terrapin Cross Country On The Move"

• CROSS COUNTRY GUIDE • 1974

FACTS ABOUT MARYLAND

NAME ..... University of Maryland
FOUNDED 1807
LOCATION ..... College Park, Maryland 20740
PRESIDENT ..... Dr. Wilson H. Elkins
ACTING CHANCELLOR ..... John W. Dorsey
ATHLETIC DIRECTOR ..... James H. Kehoe
ASSISTANT DIRECTOR ..... Alfred J. Hanlon
SPORTS INFORMATION DIRECTOR .... Jack Zane
CONFERENCE ..... Atlantic Coast
NICKNAME ..... Terrapins, Terps
COLORS ..... Red and White, Black and Gold
MASCOT ..... Terrapin
HEAD CROSS COUNTRY COACH .. Robert M. Dean
OFFICE TELEPHONE ..... (301) 454-3124

CROSS COUNTRY OFFICE LOCATION
Room 1106
Reckord Armory

CROSS COUNTRY MAILING ADDRESS
c/o Athletic Department
University of Maryland
College Park, Md. 20740

HEAD TRACK COACH ..... Frank Costello
TRACK OFFICE TELEPHONE ..... (301) 454-4816

TRACK OFFICE LOCATION
University Football Building

CROSS COUNTRY CAPTAIN — 1974
Daniel M. Rincon—Senior

COVER: Terp Captain Dan Rincon (207) on his way to winning the Annual Capital Area Cross Country Championship in meet record time.

1973 CROSS COUNTRY HIGHLIGHTS

The 1973 cross country season with a 6-2 dual meet record and runner up in the Atlantic Coast Conference was an encouraging one for Head Coach Bob Dean. With injuries to three of the top seven varsity runners, the season looked bleak for the Terps. Outstanding performances by freshman Al Naylor and junior Kevin Conheeney along with All Conference Dan Rincon enabled the harriers to turn a disaster into a fine season.

The season opened in Charlottesville, Virginia, with the Terrapins scoring easy victories over Virginia 15-48 and Richmond 15-50. Traveling to Durham to battle Duke and Virginia Tech, the Terps ended up on the long end of the score as they were defeated 21-34 by Duke, but defeated VPI 25-33. An injury to Tony Garner and the failure of Jeff Smith to finish the race ended any hopes for an upset. A week later back at home, Maryland defeated the North Carolina Tar Heels 26-31 as UNC's Tony Waldrop set a new University course record of 25:12 with Dan Rincon finishing second with a fine time of 25:23.

Without Tony Garner for the remainder of the season, the harriers traveled to Winston-Salem where they scored convincing victories over N.C. State 18-45 and Wake Forest 15-48. Dan Rincon continued to run well as he set a new Wake Forest course record. Back home, the Terps prepared for the annual battle with Navy. The battle never materialized as Navy won easily 20-38. Another injury this time to frosh Jeff Smith appeared to put the damper on the team's ACC hopes with the Championship just two weeks away. The Terps had no rest with the Capital Area Meet next. With four of the top five runners missing, the Terrapins turned in perhaps their most courageous effort of the season. They battled a healthy and strong Georgetown team tooth and nail as they finished second to Georgetown in the meet 34-38 with Navy in third with 58 points. Dan Rincon was the individual winner with a new meet record, with frosh Al Naylor finishing 3rd in 25:48, a new University freshman record.

Winston-Salem was the site of the A.C.C. Cross Country Championship with beautiful fall weather and warm temperatures. Maryland again turned in a courageous team effort as they finished second to team champion Duke. The Terps placed four men in the top twelves—Dan Rincon - 3rd, Al Naylor - 6th, Kevin Conheeney - 8th, and Scott Cornwell - 12th.

The Harriers next traveled to Greenville, S. C. for the N.C.A.A. District III Qualifying Meet. The team finished ninth with Dan Rincon the team top finisher in 16th place—to qualify for the N.C.A.A. Championships.

In Spokane, Washington in the N.C.A.A. Championship Dan placed 67th.

1974 PREVIEW

Head Coach, Bob Dean, after a fine 1973 season will look forward to an even better season in '74. In the ACC his major opponents should be Duke and North Carolina. The Blue Devils will still be a strong team with Scott Eden, Robbie Perkins, Reid Myer and Peter Quance returning. North Carolina will lose Tony Waldrop but with the addition of national mile prep star Ralph King, the Tar Heels will still be strong. Other opponents on the 1974 schedule include Navy, Georgetown, Virginia Tech, N.C. State, Wake Forest, Virginia, Richmond and Catholic University.

This year the Maryland Harriers should be improved with all their 1973 Team returning except for All Conference Scott Cornwell. The team will have excellent depth and experience with three seniors, four juniors and six sophomores returning. The squad will be led by the Terps' three All Conference Harriers Dan Rincon, Al Naylor and Kevin Conheeney. Tony Garner, David Webster, Jeff Smith, Jim Kenney and Kevin McGarry will also play an important part in the team's success. Second year men Russ Rankin, Jamie Gildard, Peter Gleason and Chris Proch will provide fine back up strength and make the battle for the top positions on the team a keen one.

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CROSS COUNTRY AWARD — 1973

Daniel M. Rincon

Thomas M. Fields Award

"Most Valuable Cross Country Man"

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FACILITIES

Maryland's cross country course is a 5⅛ mile course located on the beautiful University Golf Course, providing wooded, hilly terrain, and a grass running surface. Training is done both on the University Golf Course and on the Byrd Stadium 440-yard tartan track. Dressing facilities are provided in team rooms located in Byrd Stadium, which is well equipped with modern training facilities. Weight rooms for team use are located in Cole Field House.

1974 MARYLAND CROSS COUNTRY ROSTER

NAME	EVENTS	PERF.	HIGH SCHOOL	HOMETOWN
*Coffey, John—Jr.	2 Mile	9:15.2	Einstein	Kensington, Md.
	3 Mile	14:13.0		
	6 Mile	29:35.3		
	5⅛ CC Course	26:32.0		
*Conheeney, Kevin—Sr.	Mile	4:10.1	Hackensack	Hackensack, N.J.
	2 Mile	9:03.8		
	3 Mile	14:03.6		
	5⅛ CC Course	26:16.0		
Cornwell, Greg—Jr.	Mile	4:26.0	Hereford	White Hall, Md.
	5⅛ CC Course	27:51.0		
Garner, Tony—Jr.	Mile	4:06.6	Pembroke	Springfield, Va.
	2 Mile	9:01.8		
	3 Mile	13:51.0‡		
	5⅛ CC Course	26:16.0		
Gildard, Jamie—Fr.	2 Mile	9:09.8	Severna Park	Severna Park, Md.
	6 Mile	30:30.2		
	Steeplechase	9:29.0‡		
Gleason, Peter—So.	2 Mile	9:34.0	Norman Cleaves	Cumberland, Me.
	5⅛ CC Course	27:00.0		
Hecht, Jim—So.	440	50.9	Springbrook	Silver Spring, Md.
	880	1:56.7		
Henry, Brad—Fr.	2 Mile	9:46.0	John Walter	Sarver, Pa.
Jaeger, Brad—Fr.	Mile	4:24.0	Saddle Brook	Saddle Brook, N.J.
	2 Mile	9:30.0		
*Kenney, Jim—Jr.	Mile	4:20.1	O'Connell	McLean, Va.
	6 Mile	30:00.2		
	5⅛ CC Course	26:07.0		
*McGarry, Kevin—So.	Mile	4:10.6	Archbishop Wood	Philadelphia, Pa.
	2 Mile	9:02.5		
	3 Mile	13.56.9		
	5⅛ CC Course	26:11.0		
Meehan, John—Jr.	880	1:53.2	Essex Catholic	Upper Montclair, N.J.
*Naylor, Al—So.	Mile	4:12.9	Northwestern	Hyattsville, Md.
	3 Mile	14:04.9		
	6 Mile	29:51.3		
	5⅛ CC Course	25:48.0‡		
Proch, Chris—So.	2 Mile	9:24.2	Parkdale	New Carrollton, Md.
Rankin, Russ—So.	Mile	4:11.4	Bowie	Bowie, Md.
*Rincon, Dan—Sr.	Mile	4:15.5	Dover Air Base	Dover, Del.
	2 Mile	8:57.4		
	3 Mile	13:53.8		
	6 Mile	29:29.2†		
	5⅛ CC Course	25:23.0		
*Smith, Jeff—So.	2 Mile	9:14.7	Towson	Towson, Md.
	6 Mile	29:40.2		
	5⅛ CC Course	26:09.0		
Spann, Lee—Sr.	880	1:53.6	Mount Vernon	Long Beach, N.C.
Stianchi, Alan—Fr.	Mile	4:20.0	St. Joseph's	Edison, N.J.
	2 Mile	9:29.0		
*Webster, David—Sr.	6 Mile	29:36.4	Cambridge	Cambridge, Md.
	Marathon	2:31.01		
	5⅛ CC Course	26:30.0		
Wilhelm, Mike—Fr.	Mile	4:18.7	O'Connell	Arlington, Va.
	2 Mile	9:32.0		

* Letterman
‡ Freshman Records
† Varsity Record

TEAM MANAGER: Mitch Dakelman - Highland Park, N.J.

MARYLAND CROSS COUNTRY ALL-TIME TOP TEN

25:12	Russ Taintor	1970
25:23	Dan Rincon	1973
25:41.2	Charles Shrader	1968
25:44	John Baker	1968
25:48	*Al Naylor	1973
25:53	Otto Mazzoni	1972
25:55	Scott Cornwell	1972
25:56	Ken Umbarger	1972
26:02	Dave Starnes	1967
26:07	Jim Kenney	1973

* University Freshman Record

MARYLAND CROSS COUNTRY COURSE RECORD

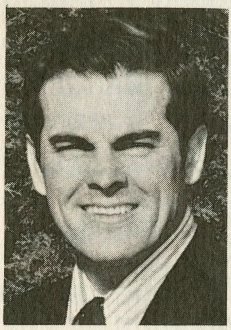
Tony Waldrop—UNC 25:01 Oct. 6, 1973

CROSS COUNTRY COACH

Robert M. Dean

Bob Dean is in his fifth year as head coach of the University of Maryland Harriers.

As a prep athlete, Dean participated in track, football and cross country at Durham High Scool in Durham, North Carolina where he graduated in 1957. In his senior year he captained the track team as well as establishing a new school and N.C. Eastern State record in the 880 yard run.



He continued his higher education and track career at High Point College in High Point, North Carolina where he captained both the track and cross country teams. Dean was three time North State Conference 880 Champion and record holder. He was also a member of High Point's first undefeated and District N.A.I.A. Champion cross country team and received the Outstanding Trackman Award two consecutive years. He received his B.S. Degree in Physical Education and Biology in 1961 and in 1971 earned his Master's Degree from Towson State College in Baltimore, Maryland.

Before coming to Maryland, Coach Dean served as Head Track and Cross Country Coach at Dulaney High School in Timonium, Maryland from 1964-1970. His teams dominated track and cross country in the State of Maryland establishing records of 138-9 in cross country, 44-3 in indoor track and 64-0 in outdoor track. In 1968, his teams established a feat in Maryland State competition unequaled before when they won every major meet in cross country, indoor and outdoor track, including three State Championships. Coach Dean also produced several nationally ranked performers, one of which was a member of the 1972 Olympic Team in the 1,500 meter run.

Some of the highlights and accomplishments of Coach Dean's four years at Maryland are as follows: new varsity cross country course record '70; new freshman cross country course record '72, '73; new steeplechase record in '72 and '73; new varsity 6 mile record '72 and '73; new freshman 6 mile record '72 and '73; new freshman 3 mile record in '72 and '73, new freshman 2 mile record indoors '72 and '73; new freshman indoor mile record indoors '73. He also coached 6 men on the present 3 mile Top Ten list; 10 men on present 6 mile Top Ten list; Capital Area Cross Country Champions '70 and '72; A.C.C. Champions '72.

Married to the former Carol Louise Rappold, the Deans have two children, Betsy 10 and Mike 7 and reside in Takoma Park, Maryland.

MEET THE TERRAPIN HARRIERS

JACK COFFEY — Jr.
Emerged as one of the top seven harriers after a slow start . . . Improved course time to 26:32. Ranks 3rd on the All-Time Top Ten in 6 mile run . . . Should be a significant contributor in distance events.

KEVIN CONHEENEY — Sr.
After injuries his freshman year, Kevin had PR's in mile, 2 mile and cross country during his junior year. Ran 4:10.1 for 4th in ACC Meet. In CC he placed 8th for ACC All-Conference Honors. Will be counted on heavily this year.

TONY GARNER — Jr.
Injured in first meet of the season in '73 Tony was lost for the entire season. With PR's of 4:06.6 in mile and frosh record in 3 mile with a 13.51, Tony has shown the potential to be one of Maryland's best distance runners. Will be a key man in '74.

JAMIE GILDARD — Fr.
Enrolled at University in January . . . Developed into fine 2 miler, 6 miler and steeplechaser with PR's of 9:09, 30:30 and 9:29. His steeplechase time ranks second in All Time Top Ten . . . Jamie should have a shot at the varsity.

JIM KENNEY — Jr.
After a fine summer of training, Jim made excellent improvements. His fine 26:07 and 10th place in Capital Area Meet ranks him 10th on All-Time list. With two years of experience, Jim should be ready to make a significant contribution this year.

KEVIN McGARRY — So.
Kevin made a fine adjustment to the 5 mile distance . . . Turned in a fine 26:11 on home course. Ran 13:56 for 3 mile in track . . . Has potential to be an outstanding distance man . . . With more background from summer work could be among the best in ACC.

AL NAYLOR — So.
Frosh record holder with a fine 25:48 . . . Ranks 5th in All-Time Top Ten list . . . Had PR in mile with a 4:12.9 . . . Placed a surprise 6th in CC in the ACC for All-Conference Honor . . . A fine young man, great attitude and tireless worker.

RUSS RANKIN — So.
A real surprise in track with a 4:11.4 mile last spring, Russ has potential to be a fine cross country man . . . Injured during summer of frosh year Russ missed entire CC season. This year he should be ready to contend for a spot on the varsity.

DAN RINCON — Sr. (Captain)
For three years, Dan has been one of the best CC runners in ACC . . . Twice won Tom Fields Cross Country Award . . . Ranks 2nd on All Time Top Ten with a 25:23 . . . Won Capital Area Championship in record time . . . Placed 3rd in ACC for All-Conference Honor . . . 16th in NCAA District III Meet . . . Represented University in Spokane, Washington in NCAA Championship.

JEFF SMITH — So.
Ran a fine 13:58 in 3 mile in track and 29:40 for 6 miles . . . Ranks 6th in 3 mile and 5th in 6 mile on the All-Time Top Ten . . . Ran a fine 26:09 on home course in CC . . . Was injured and missed latter part of season. With a year of experience, Jeff should be ready to provide competition for the top spots in the varsity.

DAVE WEBSTER — Sr.
Dave was redshirted last year . . . one of the most improved Terps . . . has run a 2:31 marathon . . . expects to be a strong contender for one of the top seven varsity positions.

1974 CROSS COUNTRY SCHEDULE

Sat., Sept. 21	Richmond, Virginia	Richmond, Va.	11:00 A.M.
Sat., Sept. 28	Duke, VPI	College Park, Md.	11:00 A.M.
Sat., Oct. 5	North Carolina	Chapel Hill, N.C.	11:00 A.M.
Sat., Oct. 12	North Carolina State Mt. St. Mary's, Catholic U. Wake Forest	College Park, Md.	11:00 A.M.
Sat., Oct. 19	Navy	Annapolis, Md.	2:30 P.M.
Sat., Oct. 26	Open		
Sat., Nov. 2	A.C.C. Championships Capital Area Championships	Durham, N. C. College Park, Md.	11:00 A.M. 11:00 A.M.
Sat., Nov. 9	District III NCAA	Greenville, S. C.	11:00 A.M.
Mon., Nov. 18	IC4A Championship	New York	11:00 A.M.
Mon., Nov. 25	N.C.A.A. Championships	Bloomington, Ind.	11:00 A.M.

1973 CROSS COUNTRY RESULTS (6-2)

University of Virginia	15-48
University of Richmond	15-50
Duke University	34-21
Virginia Polytechnic Inst.	25-33
University of North Carolina	26-31
Wake Forest University	15-48
North Carolina State University	18-45
U.S. Naval Academy	38-20
Capital Area Championships	2nd Place
Atlantic Coast Conference	2nd Place
NCAA District III	9th Place

HISTORICAL NOTES

IC4A TEAM CHAMPIONS: Freshman—1953
A.C.C. TEAM CHAMPIONS: 1954, 1955, 1964, 1966, 1967, 1968, 1969, 1972
AC.C. INDIVIDUAL CHAMPIONS: George Henry—1965, Charles Shrader—1968, 1969
SOUTHERN CONFERENCE CHAMPIONS: 1947, 1948, 1949, 1950
SOUTHERN CONFERENCE INDIVIDUAL CHAMPIONS: Tommy Fields—1940, Bob Palmer—1947, 1948, 1949
CAPITAL AREA CHAMPION: 1970, 1972
CAPITAL AREA INDIVIDUAL CHAMPION: Ken Umbarger—1972; Dan Rincon—1973
ALL-AMERICANS: Tommy Fields—1940; Charles Shrader—1968, 1969
TOM FIELD CROSS COUNTRY AWARD: Dan Rincon—1971; Otto Mazzoni—1972; Dan Rincon—1973

COACHING RECORDS

Reginald V. Truitt (1920-1927) 11-6; Geary S. Eppley (1928-40, 1946) 21-14; Thomas M. Fields (1941) 2-2; James H. Kehoe (1947-1969) 112-19; Robert M. Dean (1970-) 28-7

ALL TIME RECORD

Wins—173 Losses—48 Ties—0 .783 Pct.